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HOUSEKEEPERS' CHAT

Monday, January 30, 1933

U. S. Department of Agriculture

(FOR BROADCAST USE ONLY)

Subject: "Vitamins as Winter Health Insurance." Information from the Bureau of Home Economics, and the Bureau of Chemistry & Soils, U.S.D.A.

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Small children living in the tropics and exposed to sunshine the year around have been lucky. So have the children way up north in the arctic regions where sunshine is rare but where fish oils are favorite foods for young and old. Such children have never suffered from that deforming disease called rickets. The brown Mexican baby playing in the sunshine and the fat Eskimo baby enjoying his cod liver oil every day--each receives his quota of vitamin D, though in a different way. This vitamin has saved him from the bent and twisted bones and other effects of rickets that have visited children in other parts of the world down through the years. Unfortunately, most mothers in Europe and America kept their babies indoors and heavily covered with clothes both in summer and winter, so that these small growing bodies missed the healthful effects of the sunshine on their skin. They also missed the foods that would supply vitamin D in their diet. No wonder they often suffered from rickets.

For many years no one understood the cause of this disease and other ills that troubled human beings, especially during the dark months of winter. The discovery of the vitamins showed us that rickets and many other ailments are "deficiency diseases". They result solely from lacks in the diet. During these winter months when your baby can't get the sunshine he needs for good health, be sure he has its substitute--that good food which has protected the Eskimo babies during the years. Cod liver oil is not a medicine but a food. It is so important in children's winter diets that nutritionists urge its regular use even when the family purse is very thin. This oil happens to be some of the cheapest and best of health insurance. It is one of the best of all known natural sources of two important vitamins--A and D. The first of these, vitamin A, is also in butter, cream, eggs, liver and in green leafy and yellow vegetables. But the concentration in cod liver oil is much greater than in any of these other foods. Vitamin A is the vitamin that protects the body against infections. Very important when colds and other "catching" diseases are about.

The second vitamin found in cod liver oil is that vitamin D which we mentioned as a protection against rickets and one of the factors in building bones and teeth. Now and then a mother tells me that her children show no signs of rickets so she sees no reason for feeding them cod liver oil. Yet vitamin D is necessary not only for building straight strong bones but also for sound teeth. Even when the diet has plenty of calcium and phosphorus, tooth decay may set in unless the necessary vitamins are also present.

In rare instances, a child may be unable to take cod liver oil because of its oiliness or flavor. But generally children take their cue on this matter from what the grown-ups of the family say. If children hear their parents speak of that "awful-tasting stuff" or if they see Mother make a face unconsciously

as she offers them a spoonful, they'll soon dislike the oil themselves. Most babies and small children like the taste of fish oil. In one home where I visited recently I saw the cod liver oil bottle standing way up on the top shelf. The mother explained that her youngsters had been in the habit of slipping out unobserved whenever they could for an extra feast of cod liver oil. The child who has always had his daily teaspoon of this oil, won't find it hard to take, as long as no grown-up suggests that it is disagreeable.

Fifteen to twenty-five cents a week will provide small regular amounts of cod-liver oil for each child under two years old. If mothers in families whose food supply is low can manage somehow to save out this amount of money through the winter, their children will probably escape rickets and will be more able to resist infection. The nutritionists also suggest that relief workers, who are distributing food supplies, include cod liver oil as well as milk in the ration for all families with a baby.

But cod liver oil is not the only fish food rich in vitamins. Salmon oil is an even richer source of vitamin D and fresh salmon and canned salmon are both good sources also. Some types of fish, such as cod, store their fat or oil containing the vitamin, in the liver. Others, like salmon, store fat in their bodies. That is why salmon meat, whether fresh or canned, is such a good source of vitamin D. About 300,000 gallons of commercial salmon oil are produced each year, yet canneries still discard a large percentage of salmon waste which could produce more oil. Scientists tell us that the potential annual salmon oil production is about a million dollars.

So much for the vitamins today. Now for our Monday economy menu and our economy recipe. Corned beef hash for the main dish--as good a main dish as anyone could ask for, if properly made. Then, creamed turnips; Pickled beets; Whole wheat bread and butter; and, for dessert, Spice cake.

Here's the best recipe for corned beef hash I know of. This recipe calls for just five ingredients:

1 pound of cooked corned beef	Dash of Cayenne pepper
5 boiled potatoes	Salt
Onion for flavoring	

I'll repeat those five ingredients. (Repeat.)

Put the meat, potatoes and onion through the food grinder, using the fine knife. Add the pepper and salt to taste and mix thoroughly. Grease a heavy skillet lightly. Pat in the hash mixture in an even layer and set the skillet over low heat until a golden brown crust forms. When brown, place a pan or lid over the skillet and turn the hash out so the browned side is up on top. Now slip the uncooked side in the skillet and allow this side also to become golden brown. Turn the hash out on a hot platter, garnish with parsley and serve at once.

Tomorrow: "Clothes for Cold Weather."

